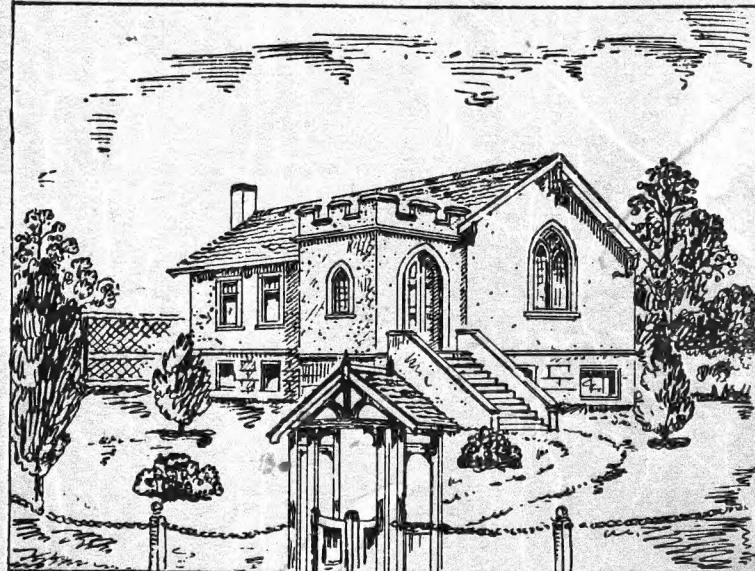


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Coronation Year 1937
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Our Advertisers

IT IS NOT too much to ask purchasers of this book to pay special attention to the many advertisements. Our friends the advertisers, are not paying for the space occupied as a donation. It is purely, as it should be, a business proposition. They are honorable business firms and invest with us in this way, under the hope and expectation of increasing that business. We are greatly indebted to them for this help in defraying expenses of publication.

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Weights of Common Articles of Food

Beans, (dried), 4 cups = 1 lb.
Bread Crumbs, dried, 1 cup = 2 oz.
Butter, 2 cups = 1 lb.; 2 tbsp. = 1 oz.; size of an egg = $\frac{1}{4}$ cup.
Celery Seed, 6 tbsp. = 1 oz.
Coffee (ground) $4\frac{1}{2}$ cups = 1 lb.; 4 tbsp. = 1 oz.
Currants (dry), 1 cup = 6 oz.
Dates, 1 cup = $\frac{1}{2}$ lb.
Eggs, 10 without shell = 1 lb.; 8 with shell = 1 lb.; 1 unbeaten 3 tbsp.
Figs, 1 cup = $\frac{1}{2}$ lb.
Flour, 4 cups = 1 lb.
Lard—same as butter.
Lemon, juice of 1 average 3 tbsp.; grated rind = 2 tsp
Macaroni, 3 cups = 1 lb.
Meat, 2 cups meat chopped = 1 oz.
Milk, 1 cup = $\frac{1}{2}$ cup evaporated milk and $\frac{1}{2}$ cup water.
Nutmeg, 1 average grated = 5 tsp.
Nuts, 1 cup = $\frac{1}{2}$ lb.
Oats, rolled, $4\frac{3}{4}$ cups = 1 lb.
Orange, juice of one averages $\frac{1}{2}$ cup.
Prunes, 2 cups = 1 lb.
Rice, 2 cups = 1 lb.
Salt, 2 cups = 1 lb.
Sugar (brown) 3 cups = 1 lb.
 Granulated 2 cups = 1 lb.; Icing 3 cups = 1 lb.
Suet, 4 cups = 1 lb.

Abbreviations used throughout this book: Teaspoon—tsp.
Tablespoon—tbsp. Dessertspoon—dsp.

Ladies

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CRANBERRY JELLY PICKLES

CHEESE CELERY STICKS

PINEAPPLE CREAM

COFFEE

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Serving Oysters Easily Acquired Art

Follow these instructions and your Bivalve dishes are sure to be successful.

The month of October brings many inquiries regarding oysters. What makes oyster stew curdle? Why do they crack open when frying?

What makes them shrink when frying?

What is the best method for breading? To all these questions, refer to the recipes which appear below. Follow instructions as given and your oyster stews will not curdle, your oysters will be correctly breaded and they will not crack open when frying.

Make sure that oysters are entirely covered with the egg mixture and place in fat of proper temperature. Test the fat by dropping a cube of bread in it. When it remains at the top and browns in about 30 seconds, it has reached the right degree for frying.

Do not make the mistake of putting too many oysters in at one time or you will reduce the temperature of your fat to a point where you will not have the proper results. The shrinking of oysters is caused by cooking too long in most cases.

BROILED OYSTERS, BROWN SAUCE

30 oysters, 2 tbsp. butter or substitute, 2 tbsp. flour, $\frac{1}{2}$ tsp. salt, $1\frac{1}{2}$ cups milk, 1 tsp. caramel, 6 thin slices of toast, sprigs of parsley, 1 tsp. table sauce.

The sauce for the oysters is made first and put in top of double boiler. Put the butter in pan; when melted add the flour and stir until well mixed. Add milk, or stock, of half milk and half stock, seasoning and caramel. Stir until smooth and boil five minutes; then put the griddle on fire and when very hot brush with fat. The oysters are drained and dried with a piece of cheesecloth, then put on hot griddle and browned quickly. Turn with cake turner or spatula; sprinkle with salt and paprika. Put into sauce at once. One must be careful not to put too many on griddle at one time. A half cup of mushrooms can be added to the sauce if desired.

PIGS IN BLANKETS

Take large oysters, drain and dry them, wrap each in a very thin slice of bacon and fasten with toothpick through the hard part of the oysters. Place in shallow pan in hot oven and bake until the bacon has browned. Have bread cut thin and oblong, just the size to hold three oysters. Toast this and lay the oysters evenly on it. Garnish with a thin slice of lemon that has been dipped in finely chopped parsley. A sprig or two of watercress adds much to the appearance of the dish. A sauce may be made by adding a little flour to the pan in which the oysters are baked. Mix well and add a cup of cold milk, seasoning to taste and boil a few minutes. Serve over or around the toast and oysters.

OYSTER FRITTERS—OR MARYLAND FRIED

12 oysters, $1\frac{1}{2}$ cups flour, 2 tsp. baking powder, 1 tsp. salt, $\frac{1}{8}$ tsp. pepper, $\frac{1}{2}$ cup milk, 2 well-beaten eggs.

Sift flour, baking powder, salt and pepper into bowl; add milk and well-beaten eggs. Drain and pick over the oysters and pat dry on paper toweling or napkins, then dip in batter and fry on hot greased griddle until nicely browned on both sides. Be careful not to stick the oysters in the soft part.

The oysters may be chopped small and mixed with the batter, but less milk should be used. The batter must be the consistency of rather stiff pancake batter.

FRIED OYSTERS

Pick over and drain 24 oysters in colander, then dip in flour, laying the oysters so they do not rest on each other after they have been dipped.

Beat two eggs with two tbsp. of cold milk and $\frac{1}{4}$ tsp. of pepper. Very carefully pick up the oysters and put in the egg; remove from egg and dip in bread crumbs. Fry in deep, very hot fat; drain in a warm place on tissue toweling or paper napkins. When all are fried, sprinkle with a little salt.

OYSTER STEW

18 medium-sized oysters, 2 cups milk, 1 level tsp. butter. A few grains of red pepper or a dash of white pepper. Salt to taste. Pinch of mace.

Drain the oysters, put in shallow pan, bring to boil quickly, add the butter and salt, pepper and milk which must be at the boiling point. The milk is put on fire before the oysters as it takes the two cups of milk longer to come to a boil than it does the oysters. The quicker one brings the oysters to a boil the better they will be. Serve with oyster or old-fashioned water crackers. The crackers should be warm, as cold crackers chill the stew.

OYSTER COCKTAIL

1 tbsp. grated horseradish, 1 tbsp. tomato catsup, 1 tsp. salt, $\frac{1}{4}$ tsp. cayenne pepper, $\frac{1}{4}$ tsp. paprika, 2 tbsp. lemon juice.

Mix all together thoroughly. Serve this mixture in sherbet glasses in centre of soup plate with finely crushed ice around and four oysters on half shell with extra slice of lemon and a sprig of parsley.

Or the oysters may be mixed with the sauce and served in a sherbet glass. They should be ice cold, however.

OYSTER PATTIES

20 oysters, 1 tbsp. butter, 1 tbsp. flour, 1 cup milk, 1 tsp. salt, dash paprika, chopped parsley, pattie shells.

Mix the flour and butter together and add to the hot milk with the seasoning and stir until creamy. Drain the oysters, put in saucpan, bring to a boil and add to the cream sauce. Allow five oysters to each pattie shell.

DEVILED OYSTERS

12 large oysters, 1 cup milk, 1 tbsp. butter, 2 tbsp. flour, 1 cup fresh breadcrumbs, 1 cup dry breadcrumbs, 1 tbsp. chopped parsley, $\frac{1}{2}$ tsp. salt. Dash pepper and dash paprika.

Drain and rinse the oysters; put through food chopper then put into saucepan; let them come to a boil and add one cup of boiling milk. Rub the butter and flour together and add to the oysters and milk, stirring until it thickens; then add salt, pepper, parsley and fresh breadcrumbs :mix well. Set aside to get cold. Fill into buttered shells which have been scrubbed well; cover with breadcrumbs, then with egg (one egg beaten with one tbsp. cold milk), then with breadcrumbs. Be sure that the oyster mixture is well covered with the egg and crumbs. Fry in deep, hot fat or cooking oil, or bake in a hot oven.

ESCALLOPED OYSTERS

2 cups coarse breadcrumbs; 1 pint oysters, 2 tbsp. butter, 2 tbsp. flour, 1 cup milk, $\frac{1}{4}$ tsp. salt, $\frac{1}{4}$ tsp. celery salt, dash of pepper.

Place the crumbs in the oven to toast. Pick over the oysters and wash. Melt $1\frac{1}{2}$ tbsp. of butter, blend in the flour well, and add the milk gradually. Cook with constant stirring until thickened. Add the oysters, breadcrumbs and seasonings. Turn into a 9-inch glass pie plate or some other shallow baking dish, dot with the rest of the butter, and bake in a 350 degree F. oven for about 15 minutes or until browned slightly.

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CAKES

We may live without poetry, music and art;
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But civilized man cannot live without cooks.

CORONATION CAKE

1 can sweetened condensed milk, 2 cups chopped dates, 2 cups chopped raisins, 1 cup currants, 2 cups almonds, 1 cup walnuts, 1 cup mixed peel, 4 tbsp. cherries cut fine, 2 cups coloured marshmallows cut fine, 4 cups graham wafers, $\frac{1}{2}$ tsp. salt, $\frac{1}{2}$ tsp. nutmeg, cloves, allspice and cinnamon, 2 cubes candied pineapple.

Roll graham wafers fine add salt, spices and mix then add other ingredients. Mix thoroughly with sweetened condensed milk. Put in waxed oblong pan, pack, let stand 2 days before cutting.

COFFEE CAKE—No. 1

1 cup butter, $1\frac{1}{4}$ cups brown sugar, $\frac{1}{2}$ tsp. vanilla, 2 cups sifted flour and 1 tsp. baking soda, $\frac{1}{2}$ cup cold coffee, 2 eggs, 1 cup raisins or dates, 1 tsp. cinnamon, nutmeg, cloves and allspice. After cake is in pan sprinkle following on top. Mix $\frac{1}{4}$ cup broken walnuts, 1 tbsp. butter, $\frac{1}{4}$ cup brown sugar, $\frac{1}{4}$ tsp. cinnamon. Bake in slow oven 1 hour.—Mrs. Flynn.

COFFEE CAKE—No. 2

3 oz. butter, 3 oz. brown sugar, 2 tbsp. coffee essence, 2 eggs (well beaten), $\frac{1}{2}$ tsp. nutmeg, 2 tbsp. golden syrup, 1 tsp. carbonate of soda, 10 oz. flour.

Sift flour into basin, rub in butter, add sugar and nutmeg. Make a well in centre, add the rest of the ingredients; the soda must be dissolved in tbsp. of warm milk. Beat the mixture well and pour into a greased and floured tin. Bake in a moderate oven about 1 hour.—Mrs. C. Shawcross.

CHERRY CAKE

$1\frac{1}{2}$ cups butter, 1 cup white sugar, 1 cup brown sugar, 5 eggs, $\frac{1}{2}$ cup milk, 2 cups raisins, $\frac{1}{2}$ lb. candied cherries, 10 cents worth citron peel (cut fine), $4\frac{1}{2}$ cups flour, 1 tsp. baking powder, 1 tsp. vanilla. Bake slowly, keeps for weeks.—Mrs. N. Hunter.

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SURPRISE CAKE

1 cup and 1 tbsp. domestic shortening, 2 cups sifted sugar, 5 eggs separated, 3 cups flour, 3 tbsp. baking powder, 1 cup milk, 1½ tsp. vanilla, ½ tsp. salt, ½ cup chopped nut meats, 2 tbsp. finely chopped raisins, 1 doz. drained chopped maraschino cherries, one whole bar bitter sweet chocolate.

Cream butter add sugar gradually and cream well add yolks and beat well. Mix and sift dry ingredients and add alternately with milk to creamed mixture add vanilla add floured nuts and fruits add bitter sweet chocolate broken into squares. Fold in stiffly beaten egg whites. Bake in a paper lined loaf pan till done.—**Mrs. Elwood.**

MATRIMONIAL CAKE

1¼ cups Robin Hood Flour, 1 tsp. soda, 1¼ cups rolled oats, 1 cup brown sugar, ¾ cup butter.

Work together as for pie crust, butter pan and sprinkle three quarters of crumbs on pan, pat down smooth.

One pkg. dates, 1 cup boiling water, boil until thick, add the juice of one lemon. Spread a layer of dates, finish with crumbs. Bake about 30 minutes.—**Mrs. J. McLintock.**

MRS. ROBINSON'S WHITE CAKE

1 cup sugar, ½ cup butter, ½ cup milk, 1¾ cup Robin Hood Flour, 1 tsp. baking powder, 3 eggs, ½ tsp. vanilla.

Cream the sugar with the butter, add milk then the flour sifted with the B.P. Beat well fold in whites of egg add vanilla. Bake in two tins 20 to 30 minutes. Frost with yolks of eggs and white sugar.

MRS. J. H. WELLMAN PRIZE SPONGE CAKE

½ cup egg yolks (average 7), 1 cup sugar, ½ cup cold water; 1¼ cups sifted Robin Hood Flour, 1 tbsp. lemon juice, ½ tsp. grated rind, 2½ tsp. baking powder, ¼ tsp. salt.

Sift dry ingredients three times. Beat egg yolks till thick and lemon colored add water and beat two minutes more add lemon juice and rind. Sift the sugar in gradually. Sift the flour in gradually fold in the egg mixture. Bake in ungreased tube pan for 50 minutes.

MRS. DUTTON'S PRIZE CHOCOLATE CAKE

2 cups sifted pastry flour, 1 tsp. baking powder, 1 tsp. soda, ¼ tsp. salt, ½ cup butter, 2 cups light brown sugar, 2 eggs well beaten, 1 cup sour milk, 4 squares chocolate, 1 tsp. vanilla. Bake in layer cake pans in a moderate oven 30 minutes.

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MRS. DUTTON'S PRIZE WHITE FRUIT CAKE

$\frac{1}{2}$ lb. butter creamed, blend in one cup fine white sugar. Cream well then add 4 large eggs well beaten add juice and grated rind of one lemon. $2\frac{1}{4}$ cups Robin Hood Flour sifted, re-sift with one tsp. baking powder, $\frac{1}{2}$ tsp. salt, $\frac{1}{2}$ lb. candied citron, $\frac{1}{2}$ lb. candied cherries, $\frac{1}{2}$ lb. blanched sultana raisins, $\frac{1}{4}$ lb. blanched almonds.

Add dry ingredients gradually to butter and egg mixture combine thoroughly fold in the floured fruits and nuts after the last addition of dry ingredients.

MRS. DUTTON'S PRIZE DATE LOAF

1 cup dates chopped fine, 1 tsp. soda, 1 cup boiling water, 1 tbsp. shortening, domestic; $\frac{1}{2}$ cup brown sugar, 1 egg unbeaten, $\frac{1}{4}$ cup Robin Hood Flour, 1 tsp. salt, 1 tsp. baking powder, $\frac{1}{2}$ cup bran, $\frac{1}{2}$ cup chopped meats.

Sprinkle soda over dates and pour in boiling water add shortening and cool add brown sugar and egg, beat well mix in bran, sift flour with B.P. add to date mixture, combine thoroughly. Bake about 50 minutes in a slow oven.

WEDDING CAKE

Raisins 2 lbs., currants 2 lbs., dates $\frac{1}{2}$ lb., figs $\frac{1}{2}$ lb., almonds 1 lb., candied cherries $\frac{1}{4}$ lb., candied pineapple $\frac{1}{2}$ lb., candied citron peel $\frac{1}{2}$ lb., candied lemon peel $\frac{1}{2}$ lb., brown sugar 1 lb., butter 1 lb., rosewater 4 tbsp., sour cream $\frac{1}{2}$ cup, assorted spices 6 tsp., eggs separated 8, baking soda 1 tsp., grape jelly 2 tbsp., grated orange and lemon rind 2 tsp., Robin Hood Flour 3 cups, salt $\frac{1}{2}$ tsp.

Wash and dry fruit, sliver the almonds, chop cherries, peel and pineapple, dredge with one cup of the flour, cream butter and sugar add the well beaten yolks and liquids then the dry ingredients fold in fruits and beaten egg whites, line pans with paper. Bake in a slow oven till done. —Mrs. Roy Johnson.

OLD FASHIONED JELLY ROLL

$\frac{3}{4}$ cup sifted Swans Down flour, $\frac{3}{4}$ tsp. baking powder, $\frac{1}{4}$ tsp. salt, $\frac{3}{4}$ cup sifted sugar, 1 tsp. vanilla, 1 cup jelly (any flavour).

Sift flour once, measure, combine B.P. salt and eggs in bowl. Place over small bowl of hot water and beat with rotary egg beater, adding sugar gradually until mixture becomes light and lemon colored remove from hot water fold in flour and vanilla. Turn into greased pan 15x10 inches lined with greased paper, bake in a hot oven 15 minutes. Turn from pan at once onto cloth covered with powdered sugar. Spread with jelly and roll, wrap in cloth and cool on rack.—Mrs. M. Robinson.

MACAROON CAKE

$\frac{1}{2}$ cup of butter, $\frac{1}{2}$ cup of sugar, 1 cup of flour, 4 egg yolks, 3 tbsp. of milk, 1 tsp. baking powder. Put in a pan and spread the following on top.

4 egg whites beaten stiff, 1 cup of cocoanut, $\frac{1}{2}$ cup of sugar.

Bake in slow oven 30 minutes. Mrs. G. Barker.

MRS. J. H. WELLMAN'S PRIZE ANGEL FOOD

$1\frac{1}{4}$ cups egg whites, $1\frac{1}{4}$ tsp. cream tartar, $\frac{1}{4}$ tsp. salt, $1\frac{1}{2}$ cups granulated sugar, 2 tbsp. cold water, 1 tsp. flavouring lemon, vanilla and almond is good. 1 cup R. H. Flour, sifted twice before measuring.

Beat egg whites with flat wire whip add cream of tartar and salt, when egg whites are frothy continue till egg whites stand upright. Beat in one cup sugar which has been sifted twice, fold in flavouring and 2 tbsp. cold water, fold in flour which has been sifted four times with the remaining $\frac{1}{2}$ cup sugar. Pour into ungreased pan. Bake 55 to 60 minutes in slow oven.

PECAN LOAF

Cream $\frac{1}{2}$ cup shortening and $1\frac{1}{4}$ cups sugar, add 3 unbeaten eggs one at a time, beating well after each. Add 1 tsp. vanilla, sift 2 cups flour, 2 tsp. baking powder, $\frac{1}{4}$ tsp. salt together, add alternately with $\frac{2}{3}$ cup milk.

Bake in greased loaf pan in moderate oven for 40 minutes. Cool. Cover with caramel frosting. Garnish with pecan nuts. **Mrs. E. Graham.**

DEVILS FOOD CAKE—SPECIAL

$\frac{1}{2}$ cup powdered chocolate, 5 tsp. baking powder, $\frac{1}{2}$ cup butter, 2 cups sugar, whites of 4 eggs, yolks of 4 eggs, $2\frac{2}{3}$ cups Robin Hood Flour, $\frac{1}{2}$ tsp. vanilla, $\frac{1}{2}$ tsp. salt, 1 cup milk.

Method: Cream butter and sugar. Beat yolks of eggs until thick, add gradually. Combine add alternately the milk and flour which has been sifted together with the chocolate, baking powder and salt. Add vanilla, pour into buttered tube pan and bake in oven 350 degrees (moderate) reduce heat during last half of baking. Cover with frosting.

ORANGE CAKE

Cream 1 cup sugar, $\frac{1}{2}$ cup butter. Beat separately 2 eggs, add yolks to above mixture. 2 cups flour, $\frac{1}{2}$ cup cold water, 1 large orange, 1 cup raisins, 1 tsp. soda dissolved in a little hot water. Put orange and raisins through food chopper. Add flour and liquids alternately. Add beaten whites last.

MOON GLOW CAKE—LAYER

Mix and sift 3 cups cake flour, 3 tsp. baking powder and $\frac{1}{2}$ tsp. salt. Cream $\frac{2}{3}$ cup butter and add 2 cups sifted sugar gradually. When smooth and creamy add 1 cup milk alternately with the sifted flour. Blend well and add 1 tsp. vanilla and 5 stiffly beaten egg whites. Bake in three layers in moderately hot oven. 325 to 350 degrees for 30 minutes. Put together and cover with orange-lemon frosting.

Frosting: Orange-Lemon: to 2 unbeaten egg yolks add 2 tbsp. orange juice 2 tbsp. lemon juice, grated rind of 1 orange and powdered sugar to make right consistency to spread.

FIG AND NUT CAKE

One cup butter, $\frac{1}{4}$ cup sugar, creamed. Add 2 well beaten eggs, dash of mace, $\frac{3}{4}$ cup of milk, 2 tbsp. baking powder and enough flour to make fairly stiff batter. Beat well then add 1 cup broken walnuts, 1 cup chopped dates, 1 cup seeded raisins, 1 cup figs. Bake in moderate oven one hour. **Mrs. E. Bentley.**

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CRUMBLE CAKE

$\frac{1}{2}$ cup cocoanut, 1 cup flour, 14 soda biscuits crushed fine, $\frac{1}{2}$ cup melted butter, 1 cup sugar, 1 tsp. baking powder.

Pat gently $\frac{2}{3}$ of mixture in pan, pour over lemon filling, cover with other $\frac{1}{3}$ of mixture.

Filling: 2 lemons grated and juice, 1 cup sugar, pinch of salt, 2 eggs. Boil until thick. **M. Robinson.**

MRS. GEMMELL'S PRIZE WINNING FRUIT CAKE

1 lb. butter, 3 lbs. sultana raisins, 2 lbs. currants, 3 cups flour, 1 lb. mixed peel, 1 lb. cherries, 3 rings of pineapple, $1\frac{1}{2}$ cups white sugar, $\frac{1}{2}$ lb. ground almonds, $\frac{1}{2}$ lb. quarter almonds, $\frac{3}{4}$ lb. walnuts or pecans (optional) chopped, 12 eggs, 1 tsp. cinnamon, cloves, mace, small glass of wine. Beat sugar and butter until creamy, add eggs one at a time, beating well after each. Add spices to flour. Add $\frac{1}{2}$ gradually beating all the time, sprinkle other half over fruit and nuts. Now add these. Bake in slow oven 3 hours.

VERSATILE CAKE

1 lb. cut dates, 1 tsp. soda, 1 cup hot water, 2 tbsp. butter, 1 cup sugar, 2 eggs, $1\frac{1}{2}$ cups flour, 1 tsp. baking powder, $\frac{1}{4}$ tsp. salt, $\frac{1}{2}$ cup chopped walnuts, 1 tsp. vanilla.

Sprinkle soda on chopped dates and pour hot water on them. Cream butter and sugar. Add beaten egg yolk. Add sifted flour, salt, baking powder, mix in dates, nuts and flavoring. Fold in beaten egg whites. Bake in greased pan one hour.

Versatile: Eaten as cake or spread with butter and served with sauce as pudding. **Mrs. W. Bownes.**

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TOMATO SOUP CAKE

1 can tomato soup, 1 cup white sugar, 1 tsp. melted butter, 2 cups flour, 1 tsp. baking powder, 1 tsp. soda, 1 tsp. cinnamon, $\frac{1}{4}$ tsp. salt, $\frac{1}{2}$ tsp. nutmeg, 1 cup walnuts, 1 cup raisins. Mix all together and bake in well greased pan 45 minutes. **Mrs. Wicker.**

PRIZE LAYER CAKE

$1\frac{3}{4}$ cups Robin Hood Flour, $\frac{3}{4}$ tsp. baking soda, $1\frac{1}{2}$ tsp. cream of tartar, $\frac{1}{4}$ tsp. salt, 2 egg yolks, 1 cup sifted sugar, $\frac{2}{3}$ cup of milk, $\frac{1}{3}$ cup melted butter, 2 whole eggs.

Sift flour before measuring, combine with baking soda, cream of tartar and salt. Sift four times. Beat eggs and egg yolks together until thick and lemon colored. Add sugar gradually, beating constantly. Add flour and liquid alternately. Add melted shortening and flavoring. Bake 35 to 40 minutes in moderate oven (350 to 375 deg. F.)

WHITE FRUIT CAKE

Cream together 1 cup of butter and one cup of sugar, until like whipped cream. Sift together 2 cups of flour, $1\frac{1}{2}$ tsp. baking powder.

Cut into suitable pieces: 2 cups blanched almonds, $\frac{3}{4}$ cup each of citron, orange and lemon peel; $\frac{3}{4}$ cup of candied cherries, $\frac{3}{4}$ cup of dates, $\frac{3}{4}$ cup dried apricots and figs, $\frac{1}{2}$ lb. sultana raisins, $\frac{1}{2}$ lb. shredded cocoanut, 1 cup finely cut pineapple.

Mix $\frac{1}{3}$ of flour with fruit and nuts. To the creamed butter and sugar, add 5 eggs, one at a time, along with 3 tbsp. of flour, beating well between each addition. Add $\frac{1}{4}$ cup pineapple syrup with remaining flour. Now add fruit and nuts, blend well. Bake $2\frac{1}{2}$ hours in slow oven. Makes 5 lbs. cake.

GINGER CAKE

$1\frac{3}{4}$ cups flour, 4 tsp. of baking powder, $\frac{1}{4}$ tsp. cinnamon, 1 tsp. powdered ginger, $1\frac{1}{2}$ cups brown sugar, $\frac{3}{4}$ cupful of shortening, $\frac{1}{2}$ cupful sliced preserved candied ginger, 3 eggs, 1 cupful of milk.

Measure flour sift together with baking powder, salt and spices. Combine with sifted brown sugar. Add butter, beaten soft and sliced ginger. Add beaten eggs and milk. Beat thoroughly and bake in greased baking pan in a moderate oven. Cool and spread with cream cheese icing.

Cream cheese Icing: 1 pkg. white cream cheese, 1 tbsp. cream, $1\frac{1}{2}$ cupfuls of icing sugar, $\frac{1}{2}$ tsp. powdered ginger.

PRUNE CAKE

Mix and sift $2\frac{1}{2}$ cups sifted flour, 1 tsp soda, $\frac{3}{4}$ tsp. baking powder, 1 tsp. cloves, 1 tsp. allspice and 1 tsp. cinnamon.

Cream $\frac{1}{2}$ cup of butter and $1\frac{1}{2}$ cups of sugar until smooth. Add 2 well beaten eggs. Add sifted flour alternately with 1 cup sour milk, beating constantly. Add 1 cup chopped cooked prunes.

Bake in 2 cake pans for 25 or 30 minutes in a moderately hot oven. Turn out and when cold put together and cover with caramel frosting.

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SPICE CAKE

Cream $\frac{1}{2}$ cup butter, 1 cup sugar and 2 well beaten eggs.

Mix and sift $1\frac{1}{2}$ cups pastry flour with $\frac{1}{2}$ tsp. salt, $\frac{1}{2}$ tsp. cinnamon, $\frac{1}{4}$ tsp. cloves, $\frac{1}{2}$ tsp. soda, dash of nutmeg.

Add alternately with $\frac{1}{2}$ cup buttermilk or sour milk to the first mixture. Add $\frac{1}{2}$ cup chopped raisins. Bake in moderate oven. Cover with lemon icing.

ROYAL CAKE

1 cup brown sugar, $\frac{1}{2}$ cup butter, 3 eggs, $1\frac{1}{2}$ cups flour, 1 tsp. soda, $\frac{1}{2}$ tsp. nutmeg, 1 tsp. cinnamon, $\frac{1}{2}$ cup sour milk, 1 cup chopped raisins, 1 cup preserved citron. Butter icing. **Mrs. S. B. East.**

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FLAPPER PIE RECIPE: 14 only I.B.C. Honey Graham Wafers (rolled fine) $\frac{1}{2}$ cup granulated sugar or brown sugar, $\frac{1}{4}$ cup melted butter, $\frac{1}{2}$ tsp. ground cinnamon.

Mix together and remove $\frac{1}{2}$ cup of mixture for top of pie, using the balance to line the bottom of the tin. Then add filling made as follows:

2 cups milk, 2 egg yolks, 2 tbsp. corn starch, $\frac{1}{4}$ cup granulated sugar, 1 tsp. vanilla (or fruit if desired). A lemon filling is good, too.

Cook until thick and spread while hot. Then beat 2 egg whites stiff and beat in three tbsp. icing sugar, and spread on top of the filling. Then sprinkle over top remainder of crumbs and bake in a slow oven at 250° for 20 minutes.

When cold cut and serve, with whipped cream if desired.

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PIES

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DOUBLE CRUST LEMON PIE

Beat together very thoroughly 1 cup sugar, 2 eggs and the juice and
grated rind of one lemon. Bake with upper and lower crust. **Mrs. M.
Shawcross.**

HOT WATER PIE CRUST

1 cup bakeasy, $\frac{1}{2}$ cup boiling water poured over bakeasy, beat well.
1 tsp. baking powder, 3 cups Robin Hood Flour, $\frac{3}{4}$ tsp. salt, sift well
and fold into first mixture.
Mould gently, chill thoroughly, roll gently into any size required. **Mary
Jane Wellman.**

BLUE GRAPE PIE

2 lbs. blue grapes washed thoroughly. Remove from stem and pulp.
Simmer pulp 5 minutes, press through sieve to remove seeds. To seeded
pulp add skins, 2 cups sugar, $\frac{1}{8}$ tsp. salt, 2 tbsp. flour, 2 beaten eggs.
Bake in double or lattice top, of rich paste.

CRANBERRY PIE

1 cup sugar, $\frac{1}{2}$ cup water, 2 cups cranberries, 1 tbsp. butter, 2 eggs,
 $\frac{1}{2}$ tsp. lemon juice, 2 tbsp. flour. Boil sugar and water. Add cranberries
and cook until they all pop. Add flour and butter. Cook 5 minutes. Add
egg yolks and lemon juice. Cook in double boiler until it thickens. Cool.
Place in pan lined with rich paste. Use either 2 crust or lattice top.

OLD FASHIONED PRUNE PIE

Cut $\frac{1}{2}$ lb. cooked prunes in pieces and mix with $\frac{1}{2}$ cup sugar and 1
tbsp. lemon juice. Simmer prune juice until reduced to $1\frac{1}{2}$ tbsp. Line pie
plate with paste, cover with sliced prunes, pour prune juice over these, dot
with $\frac{1}{2}$ tbsp. butter. Dredge with flour. Put on top crust and cook.

RAISIN CREAM PIE

1 cup raisins, 1 cup rich milk, 1 cup brown sugar, 2 egg yolks, grated
rind of $\frac{1}{2}$ lemon, $\frac{1}{8}$ tsp. cinnamon, 1 tbsp. flour. Stew raisins until tender,
add milk. Mix sugar, flour, cinnamon and lemon rind with egg yolks, add
raisins and cook slowly until thick. Pour into baked pie shell and cover with
a meringue made from egg whites and powdered sugar (2 tbsp.). Brown
slightly.

PUMPKIN PIE

Mix together $\frac{2}{3}$ cup brown sugar, $\frac{1}{2}$ tsp. salt, $\frac{1}{2}$ tsp. each of ground cloves, cinnamon, allspice. Add 3 well beaten eggs, $1\frac{1}{2}$ cups milk and $1\frac{1}{2}$ cups pumpkin. Mix well and fill lined pie tin. Crust $1\frac{1}{2}$ cups flour, 1 tsp. salt, $\frac{1}{2}$ cup domestic shortening, $\frac{1}{4}$ to $\frac{1}{3}$ cup ice water.

PINEAPPLE PIE

Drain juice from can of crushed pineapple, heat. Combine 5 tbsp. cornstarch, $\frac{3}{4}$ cup sugar and $\frac{1}{8}$ tsp. salt. Stir hot juice into cornstarch mixture. Cook until thick and transparent, stirring constantly. Add crushed pineapple (about 2 cups). Cook five minutes longer. Cool. Add 1 or 2 tbsp. lemon juice and pour into baked pie shell. Cover with meringue made from 3 egg whites, 6 tbsp. sugar, or whipped cream.

SOUR CREAM DATE PIE

$1\frac{1}{2}$ cups sour cream, 1 cup sugar, 1 tsp. nutmeg, $\frac{1}{4}$ tsp. salt, 1 tsp. vanilla, 2 tbsp. flour, $\frac{2}{3}$ cup chopped dates, $\frac{1}{2}$ cup nuts (optional), 2 eggs, $\frac{1}{4}$ tsp. lemon extract. Mix sugar with dry ingredients. Add to cream which has been beaten 2 minutes with fork. Add dates, nuts, eggs and flavorings. Mix well and pour into unbaked pie crust. Bake 10 minutes in moderate oven, lower heat and bake 45 minutes in slow oven.

ENGLISH TOFFEE CHIFFON PIE

1 tsp. gelatine, $\frac{1}{4}$ cup cold water, $\frac{1}{2}$ cup sugar, 1 tsp. nutmeg, $\frac{1}{2}$ tsp. salt, 1 cup milk, $\frac{1}{4}$ cup crushed English toffee.

Method: Soften gelatine in water. Separate eggs. Cook egg yolks, $\frac{1}{4}$ cup sugar, nutmeg, salt and milk in double boiler. When cooked to soft custard stage add gelatine mixture and cool. Fold in egg whites beaten stiff in $\frac{1}{4}$ cup sugar. Pour into baked shell, let set. Garnish with whipped cream and sprinkle with toffee.

CHIFFON JELLY PIE

3 egg whites beaten stiff, 3 egg yolks beaten slightly, 5 tbsp. jelly, 1 tbsp. butter, 3 tbsp. cream, 1 tsp. nutmeg, $\frac{1}{8}$ tsp. salt, $\frac{3}{4}$ cup sugar. Mix salt and sugar with the beaten egg whites. Combine jelly, butter, cream and nutmeg with egg yolks. Fold in egg whites. Pour in baked pie shell and bake 20 minutes in moderate oven. May be garnished with dots of egg whites or whipped cream or served plain.

LEMON SPONGE PIE

$\frac{1}{2}$ cup butter, 1 cup sugar creamed, work in 1 tbsp. cornstarch and add one at a time 3 egg yolks whipping the mixture until it is almost white and very fluffy. Stir in the grated rind and juice of one large lemon and add a cupful of milk. Whip egg whites to a stiff froth and fold them into mixture, beating lightly till well mixed. Line pie pan with pastry, cook in hot oven 5 minutes. Pour in filling and bake in moderate temperature till set. **Mrs. H. C. Duck.**

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GIGALO PIE

Crust: 1½ cups ginger snap crumbs, ¼ cup powdered sugar, ¼ cup butter. Pat firmly in pie pan and chill several hours.

Filling: ¼ pkg. gelatine, ¼ cup cold water, ½ cup milk, ½ tsp. salt, 3 eggs, 1½ cups pumpkin, ½ tsp. ginger, ½ tsp. cinnamon, 1 cup sugar.

To slightly beaten egg yolks add ½ cup sugar, pumpkin, milk, salt and spices. Cook until thick. Add gelatine to cold water. Add to hot pumpkin mixture, mix thoroughly and cool. As mixture cools and thickens add remaining sugar and stiffly beaten egg whites. Pour into chilled shell and chill. Serve with whipped cream. **M. Robinson.**

LEMON PIE—EXCELLENT

Pastry: Sift together 1 cup flour, 1 tsp. salt, cut in 3 tbsp. domestic shortening, dampen with 3 to 4 tbsp. cold water. Quantity sufficient for 9 inch pie shell.

Filling: 1 cup sugar, ¼ cup flour, ½ tsp. salt, mix well together in the top of the double boiler. Add 1½ cups boiling water, stirring well. Cook fifteen minutes. Beat one whole egg and 2 egg yolks together, adding grated rind of a half a lemon and ¼ cup lemon juice. Pour hot mixture over egg and lemon mixture beating well. Return to double boiler, add 1 tbsp. butter, cover, leave for 10 minutes over low flame or at back of stove. Beat stiffly one egg white and add to mixture. Cool thoroughly then pour into baked pie shell, top with meringue, 2 egg whites, 5 tbsp. sugar, when stiff add 2 tsp. lemon juice, place in very moderate oven for 15 minutes to brown.

SURPRISE PIE

Domestic pie paste. 2 cups dark brown sugar, ½ cup rolled oats, 1-6 cup milk, ½ cup broken walnuts.

Line pie pan with paste. Combine sugar, rolled oats, milk and salt and turn into pan. Sprinkle with nuts. Place in hot oven for 15 minutes. Reduce to moderate heat and finish baking. Serve cold.

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COOKIES

SCOTCH BANNOCKS

Ingredients: 2 cups fine oatmeal, $\frac{1}{2}$ cup melted dripping, $\frac{1}{4}$ tsp. salt, hot water to mix.

Method: Mix melted dripping with meal. Add salt and sufficient hot water to make a soft dough. Knead till smooth. Press into a round cake $\frac{1}{2}$ -inch thick. Roll out as thin as required. Cut into cakes. Place on hot griddle. Take off and toast before an open fire if possible, or finish in oven. **Mrs. J. McLintock.**

BUTTERFLIES WINGS

3 oz. Selfrising flour, 3 ozs. butter, 3 ozs. sugar, 2 eggs, raspberry jam, small quantity whipped and sweetened cream.

Break eggs into basin, add castor sugar and whisk until mixture is pale in colour. Add few drops vanilla essence. Lightly stir in flour do not beat. Pour mixture into greased patty tins. Bake in a moderate oven 20 minutes. Remove cake from tins and take a thin slice from top. Spread cake with raspberry jam and place thin slice cut in half to represent wings. Put decoration of cream between wings. **Mrs. E. Thompson.**

VANILLA SQUARES

$\frac{1}{3}$ cup butter, $\frac{1}{2}$ cup sugar, $1\frac{1}{2}$ cups flour, 3 eggs.

Method: Cream butter and sugar, separate whites from yolks of eggs, drop in one egg at a time and beat thoroughly, then sift in flour very slowly till all is absorbed.

Icing: Whites of 3 eggs, 1 cup brown sugar, 1 cup chopped sweet almonds, 2 tsp. vanilla.

Spread icing on cake and cook 30 minutes in medium oven. Cut into squares. **Mrs. G. C. Morley.**

CHOCOLATE BON BONS

1 cup ground dates, 1 cup ground raisins, 1 cup ground figs, 1 cup English walnuts, 1 cup Horlicks malted milk.

Method: Blend into a dough uncooked. Form into bon bons and roll in ground walnuts. **Mrs. F. Sturdy.**

FRUIT DROP CAKES

1 cup butter, $1\frac{1}{2}$ cups sugar, 3 cups Robin Hood Flour, 2 cups raisins chopped, $\frac{1}{4}$ cup hot water, 1 tsp. soda, 1 tsp. cinnamon, 1 tsp. nutmeg, 1 cup chopped dates and cherries, 1 cup fresh walnuts.

Drop on well greased pan. **Mrs. Jas. H. Wellman.**

NUT CAKES

1 cup brown sugar, $\frac{1}{2}$ cup flour, 1 cup nuts, $\frac{1}{4}$ tsp. baking powder, 2 eggs, pinch salt. Bake 20 minutes. **Gran Westley.**

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PLAIN COOKIES

1 cup butter, $\frac{3}{8}$ cup sugar, 3 eggs, $\frac{1}{2}$ cup milk, 3 cups flour, 2 tsp. baking powder, 1 tsp. vanilla.

Chill well. Take small amounts out at a time adding as little flour as possible to roll. Bake in a quick oven, 400-425. **Mrs. Jas. H. Wellman.**

OATMEAL COOKIES

1 cup shortening creamed with 1 cup brown sugar, $\frac{1}{2}$ cup sour milk, $\frac{1}{2}$ tsp. soda, 1 cup Robin Hood Flour, 1 cup Little John Oats.

Chill dough, roll thinly. Bake in quick oven.

Date filling may be put between after baking. 1 cup dates, $\frac{1}{2}$ cup water, $\frac{1}{4}$ cup brown sugar, 1 tsp. lemon juice. Boil until thick. **Mrs. J. H. Wellman.**

MRS. J. H. WELLMAN, PRIZE SHORT BREAD

1 lb. butter, $\frac{1}{2}$ cup fruit sugar, $\frac{1}{2}$ cup brown sugar, cream together well. Add gradually $\frac{1}{4}$ cup rice flour, $3\frac{3}{4}$ cups Robin Hood Flour. Mould together. Place on the board. Knead until little crinkles form in the dough. Mold into forms. Chill well. Bake in a slow oven until a delicate brown.

MACAROONS

3 egg whites, 1 cup fruit sugar, few grains salt. Beat over steam until the dish coats. Remove and add 1 level tbsp. Robin Hood Flour, 2 cups cocoanut, 1 tsp. vanilla.

Drop by tsp. on an ungreased paper and bake in a SLOW oven until they can be lifted from the paper. **Mary Jane Wellman.**

DOUGHNUTS—SOUR CREAM

1 cup sugar, well dissolved in 1 cup sour cream. 2 tsp. melted butter, 2 eggs beaten well, $\frac{1}{2}$ tsp. nutmeg, 3 cups Robin Hood Flour, $\frac{1}{2}$ tsp. soda, $\frac{1}{2}$ tsp. baking powder, $\frac{1}{2}$ tsp. salt. Knead lightly until like biscuit dough.

Fry at 265-270 degrees F. **Mrs. Jas. H. Wellman.**

DATE STICKS

1 cup sugar, 1 tbsp. butter, 2 eggs, beaten thoroughly, $\frac{1}{2}$ cup nut meats, 1 tbsp. hot water, 1 cup flour, 1 tsp. baking powder, 1 lb. dates cut fine.

Mix sugar and butter, then add eggs and hot water. Add sifted flour and baking powder, fold in nuts and dates. Spread in greased shallow pan very thin. Bake in moderate oven 25 minutes. When cold cut in strips and roll in powdered sugar.



CRISP SUGAR COOKIES

3 cups flour, 1 tsp. baking powder, $\frac{1}{2}$ tsp. salt, 1 cup shortening, $1\frac{1}{2}$ cups sugar, 2 eggs, $1\frac{1}{2}$ tsp. vanilla.

Sift flour, measure, add baking powder and salt. Sift again. Cream shortening and sugar. Add well beaten eggs. Add dry ingredients and a few tbsp. milk if necessary. Add flavoring. Chill dough. Roll thin and cut. Sprinkle with sugar, chopped nuts, or cocoanut. Bake in hot oven 8 to 12 minutes. **M. Robinson.**

COCOANUT COOKIES

1 cup butter, 1 cup white sugar, $\frac{1}{2}$ cup brown sugar, 1 egg, $1\frac{1}{2}$ cups oatmeal, $1\frac{1}{2}$ cups flour, 1 tsp. baking powder, 1 tsp. soda, $\frac{3}{4}$ cup cocoanut, 1 tsp. vanilla.

Make into small balls and flatten. Bake in quick oven. **E. Farley.**

ALMOND COOKIES

$1\frac{1}{2}$ cups butter, 1 cup white sugar, 1 cup brown sugar, 2 beaten eggs, 4 cups flour, 1 tsp. soda, 1 cup chopped almonds.

Mix together, beating butter and sugar. Add eggs, flour, soda and almonds. Roll in wax paper. Chill in ice box. Slice thin and bake in a quick oven. Decorate with almond halves, pecan, raisins or cherry.

SOFT MOLASSES COOKIES

3 cups flour, 2 tsp. baking soda, 1 tsp. salt, 1 tsp. ginger and cinnamon, $\frac{3}{4}$ cup milk, $\frac{3}{4}$ tbsp. vinegar, 1 cup shortening, 1 cup sugar, 1 egg, $\frac{1}{2}$ cup molasses.

Sift flour, soda, salt and spices. Combine milk and vinegar. Cream shortening and sugar thoroughly. Add egg and molasses. Beat well. Add milk and vinegar mixture. Drop from spoon on greased baking sheet. Bake in moderate oven.

CRISP LIGHT GINGER COOKIES

2 cups light molasses, 1 cup shortening, $\frac{1}{2}$ domestic half butter, $1\frac{1}{2}$ tsp. salt, $3\frac{1}{2}$ tsp. ginger, 4 level tsp. soda, flour to make dough.

The molasses should be the type similar to maple syrup, for some reason dark type molasses are unsuccessful in this recipe. At noon put into a saucepan the molasses, shortening, salt and ginger. Heat until quite hot and shortening is melted. Add soda. Stir well and allow to cool. Let stand until evening then stir in about 4 cups flour. Turn on to floured board and knead in flour until stiff dough which will roll easily. Cover and let stand until morning. Bake sample, if coarse knead in more flour. Roll thin, cut and bake in hot oven golden brown. Recipe makes about 12 dozen 2 inch cookies costing 3 cents per dozen.

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YUMMY GUM DROP SQUARES

4 eggs, 2 cups light brown sugar, 1 tbsp. cold water, 2 cups flour, $\frac{1}{4}$ tsp. salt, 1 tsp. cinnamon, $\frac{1}{2}$ cup chopped pecans, 1 cup shredded gum drops, assorted flavors, all but licorice flavor. Beat eggs thoroughly. Add sugar and water, then beat again. Sift flour with salt and cinnamon and sprinkle a portion of it over the pecans and gum drops. Add remaining flour to the egg and sugar mixture. Then fold in pecans and gum drops. Spread thin in greased and floured shallow baking pan and bake in a slow oven for 30 minutes. While still warm ice with the following:

3 tbsp. butter, 2 tbsp. orange juice, 1 tsp. orange rind, powdered sugar.
While still warm cut in 2 inch squares and remove from pans.

PEANUT BUTTER COOKIES

1 cup shortening (not butter) use domestic, 1 cup white sugar, 1 cup brown sugar, 1 cup peanut butter, 2 eggs well beaten, 3 cups flour, 2 tsp. soda, flavoring.

Mix together and roll about $\frac{1}{4}$ -inch thick or drop by spoonful and press down with fork. **Mrs. Wicker.**

PIN WHEEL COOKIES

Cream $\frac{1}{2}$ cup butter, $\frac{1}{2}$ sugar. Add 1 beaten egg yolk and beat the mixture well. Add 3 tbsp. milk. Add $1\frac{1}{2}$ cups flour, which has been sifted with $1\frac{1}{2}$ tsp. baking powder and $\frac{1}{4}$ tsp. salt, $\frac{1}{2}$ tsp. vanilla extract. To one-half of this mixture add 1 sq. melted chocolate. Roll the white dough into a thin rectangular sheet then roll chocolate mixture into same size. Place over white. Roll tight as for jelly roll. Set in ice box or basement several hours to chill. Slice thin. Bake in moderate oven 8 to 10 minutes.

OATMEAL ROCKS

$\frac{1}{2}$ cup domestic shortening, $\frac{1}{2}$ cup butter, $1\frac{1}{2}$ cups oatmeal, 1 cup sugar, 2 cups flour, 2 eggs, $\frac{1}{4}$ tsp. soda, 1 cup raisins and nuts. Drop on pan and bake in a quick oven.

FRUIT BARS

Rub together 1 cup flour, 1 tsp. baking powder, $\frac{1}{2}$ cup butter. Moisten with 1 egg beaten with 1 tbsp. milk, $\frac{1}{8}$ tsp. salt.

Roll, cut in bars, lay on pan and spread with jam. Next $\frac{3}{4}$ cup sugar, 1 egg, butter half size of egg and 2 cups coconut. Spread on bars and bake till brown.

SALADS

A Salad a day keeps the doctor away.

FROZEN CALIFORNIA SALAD

$\frac{1}{3}$ cup figs, $\frac{1}{3}$ cup dates, $\frac{1}{3}$ cup seedless raisins, 1 3-oz. package cream cheese, 6 maraschino cherries, $\frac{1}{3}$ cup crushed pineapple, drained; juice of 1 lemon, $\frac{1}{2}$ cup whipping cream, $\frac{2}{3}$ cup mayonnaise, 1 tsp. salt.

Chop the fruits quite fine. If the raisins are at all dry, soak them for 15 minutes in scalding hot water and drain. Mix the cheese with the mayonnaise and blend until the cheese is smooth. Add the fruits, lemon juice and salt and blend well. Add the whipped cream and mix thoroughly. Pour into freezing tray of refrigerator or individual moulds to freeze. When ready to serve, unmould if frozen in moulds or cut in squares and serve on a bed of crisp lettuce. Serves 6 to 8.

TWO-TONE SALAD

Scald $\frac{1}{2}$ cup juice drained from a can of pineapple with $\frac{1}{2}$ cup of water; in it dissolve 1 tbsp. of gelatin which has been soaked in $\frac{2}{3}$ cup of cold water; let cool, add 4 tbsp. of lemon juice. When the mixture begins to thicken divide it into two equal parts. To one-half of the mixture add $\frac{2}{3}$ cup of cream cheese; turn into a mould and set aside to become firm. Keep the remaining half of the gelatin in a warm place, or set in warm water to keep it from jelling until the cheese mixture is firm; then add 1 cup of drained, diced pineapple, $\frac{1}{2}$ cup of diced celery, $\frac{1}{2}$ cup broken pecan nut meats and $\frac{1}{8}$ tsp. salt. Pour on to the firm cheese mixture and place in the refrigerator to become firm. Unmould on lettuce leaves, garnish with sections of pineapple slices and nut meats, and serve with cream dressing.

LEMON JUICE AND SUGAR

Mix the juice of 1 lemon with 2 tbsp. of powdered sugar.

ORANGE SAUCE

Extract the juice from one orange; add $\frac{1}{2}$ cup whipped cream and 1 tbsp. powdered sugar, stirring well together. Serve with fruit salads.

FRUIT SALAD DRESSING

2 tbsp. pineapple juice, 1 tbsp. lemon juice, 2 tbsp. orange juice, 1 tbsp. sugar, few grains of salt. Mix well together.

BOILED FRUIT DRESSING

1 tbsp. cornstarch, 2 tbsp. sugar, $\frac{1}{8}$ tsp. salt, 2 eggs, $\frac{3}{4}$ cup pineapple juice, $\frac{1}{2}$ cup orange juice, $\frac{1}{4}$ cup lemon juice, $\frac{3}{4}$ cup whipped cream.

Sift dry ingredients and add to beaten eggs. Add pineapple juice and cook in double boiler until thickened. Remove from the fire, add orange and lemon juices and when cold fold in whipped cream.

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PRUNE AND ORANGE SALAD

Drain cooked prunes thoroughly and stuff with blanched almonds. Roll in granulated sugar. Arrange three prunes on each lettuce-covered salad plate, alternating with orange segments.

For young children, the prunes may be stuffed with finely minced dates mixed with a little orange juice; or with cottage cheese mixed with soft breadcrumbs.

CHEESE AND ORANGE SALAD

Peel oranges and divide into segments, rejecting all white inner skin. Arrange on salad plates covered with lettuce. Garnish with balls of cream cheese rolled in grated orange rind.

ANOTHER FRUIT SALAD—INDIVIDUAL

$\frac{1}{2}$ orange, 2 dates, $\frac{1}{4}$ banana, 1 leaf lettuce, 2 tsp. boiled dressing.

Slice the peeled half orange and the banana. Cut the dates in tiny pieces. Place on lettuce leaf and pour on dressing.

COMBINATIONS THAT ARE PLEASING

Acid fruits like oranges, grapefruit, pineapple or strawberries will add flavor to bland fruits like bananas, white grapes, white cherries, etc. A strong juicy vegetable like onion, cabbage or green pepper will add flavor to milder vegetables like peas, cauliflower, beans, etc. Onion juice, chopped gherkins, chopped olives, pickles, prepared horseradish, chives or garlic will add flavor to many combinations that lack character. Care must be taken to have just a suggestion of the strong flavor, however. Marinating vegetables separately in lemon juice, vinegar or French dressing for a half-hour before mixing the salad will improve the flavor. Variety may be added to the simplest meal by cutting vegetables or fruits in attractive pieces. Cubes of pineapple, beets, cucumbers or potatoes, match-like (julienne) pieces of carrot, apple or potatoes, or round balls cut from potatoes, beets, melons will give distinction to an otherwise commonplace salad.

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SUGGESTIONS FOR SALAD COMBINATIONS

Shredded raw cauliflower, grated raw carrot and cooked French peas with savory French dressing. Shredded raw cabbage and minced black olives or stuffed olives with mayonnaise or cooked cream dressing. Shredded raw cabbage, julienne spiced beets and green pepper rings with French dressing. Shredded raw cabbage, minced celery and peas with cooked salad dressing. Grated or julienne carrot, cooked string beans (sliced diagonally) and diced cucumber with mayonnaise dressing. Cucumber cups filled with minced celery and grated carrot and mayonnaise.

Diced pineapple, diced banana and skinned and seeded white grapes with cream dressing. Creme de Menthe pineapple, cream cheese balls and minced green or red cherries with favorite dressing. Diced pineapple, diced apple and banana with orange salad dressing. Diced pineapple and sliced dates with favorite dressing. Orange, apple, pecans and sliced dates with mayonnaise dressing. Grapefruit and chicory with French dressing.

Diced pineapple with grated raw carrots and mayonnaise. Diced pineapple and sliced cucumber or minced cucumber in pineapple jelly. Pineapple, grapefruit and green pepper with mayonnaise dressing. Red apple (diced with peeling left on), shredded cabbage and sliced stuffed prunes with mayonnaise dressing. Canned red cherries stuffed with almonds and stuffed olives with favorite dressing. Minced pineapple in cranberry jelly with mayonnaise dressing.

BERMUDA ONION SALAD

Slice 2 or 3 mild Bermuda onions. Shred 1 bunch of young radishes. Sprinkle onions and radishes separately with French dressing. Let stand about half hour. Drain and mix lightly. Arrange on bed of crisp lettuce. Garnish with radish roses.

CELERY AND SWEETBREAD SALAD

Dice cold boiled sweetbreads and mix with an equal amount of minced celery. Moisten with Cream Salad Dressing and serve on crisp lettuce.

FAVORITE CREAM CHEESE SALAD

Beat 1 package cream cheese until smooth and creamy. Add finely chopped lettuce to make as green as you like. Shape in small balls. Arrange on crisp lettuce. Serve with Bar le Duc or Currant Jelly Dressing.

POOR MAN'S SALAD

Sprinkle 3 cups diced cold boiled potatoes and 2 cups shredded white cabbage with well seasoned French dressing. Let stand for half hour. Drain and add 1 cup parched peanuts (finely chopped), 3 sliced hard cooked eggs and a few drops onion juice. Season to taste with cooked dressing. Arrange on crisp lettuce and serve immediately.

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GERMAN CABBAGE SALAD

Finely shred 2 or 3 cups red cabbage. Shred 2 cups celery. Let stand separately in cold salted water for about half hour. Drain, mix cabbage and celery with 1 tbsp. minced chives or mild onion and French dressing to season. Arrange on bed of crisp lettuce and garnish with heart celery or celery curls.

CHICKEN SALAD DRESSING

To $\frac{1}{2}$ cup rich chicken stock add $\frac{1}{2}$ cup vinegar, 5 egg yolks, 1 tsp. made mustard, 1 tsp. salt, a few grains pepper and a few grains cayenne. Mix thoroughly and cook over hot water, stirring constantly, until mixture thickens. Add $\frac{1}{2}$ cup thick cream and $\frac{1}{3}$ cup melted butter and cool before serving.

TOMATO AND CHIVES SALAD

Scald small perfect tomatoes. Remove skins and chill. Cut in halves crosswise. Cover with mayonnaise and sprinkle with finely chopped chives. Serve on crisp lettuce or chicory.

HUNGRY MAN'S SALAD

Mix 1 cup diced cold carrots, 1 cup diced cold potatoes, 1 cup cold French peas, and 1 cup sliced string beans. Sprinkle with French dressing and let stand about half hour. Drain and arrange in four lettuce nests on large salad plate. Cover each section with well seasoned mayonnaise. Garnish two sections with thinly sliced smoked salmon, one section with minced hard cooked egg whites, and one section with sifted hard cooked egg yolk. Crisp sprigs of parsley add to the attractiveness of the salad.

CANNED CORN SALAD

Drain one can of corn. Season to taste with prepared mustard and onion juice. Sprinkle with French dressing and let stand about 1 hour. Drain and arrange on crisp chicory leaves.

GRAPEFRUIT AND OYSTER SALAD

Cook $1\frac{1}{2}$ pints well cleaned oysters until edges curl and oysters are plump. Drain, reserving liquor for broth. Chill and chop. Cut pulp of 2 or 3 grapefruit in pieces for serving. Mix the chopped oysters and grapefruit pulp with 1 tbsp. Worcestershire sauce, $\frac{1}{2}$ tsp. salt, a few drops Tabasco sauce (use sparingly), 4 tbsp. tomato catsup and $\frac{1}{4}$ cup grapefruit juice. Serve on crisp lettuce.

ROSEMONT SALAD

To 1½ cups canned apricot juice add ½ cup water and 1 tsp. lemon juice. In 2 tbsp. of this mixture dissolve 2 tsp. gelatin. Heat the rest of the apricot juice, pour it on the gelatin, and let it cool until it begins to set. Then stir it well and pour it into a mold. Serve on a large platter surrounded with shredded lettuce, fresh pineapple cut in small dice, and balls of cream cheese flavored with paprika and a tiny pinch of grated lemon rind. Serve boiled salad dressing.

TOMATO JELLY SALAD

1 pkg. jelly powder (lemon flavor), 1 tin tomato juice, 1½ tsp. lemon juice, ½ cup peas, 1 tsp. Worcester sauce, ½ cup celery (diced), ½ cup sweet pickles (diced).

Dissolve jelly powder in boiling tomato juice. Add lemon juice, salt and sauce. Chill. When slightly thickened, fold in celery and pickles. Turn into wet moulds and chill in refrigerator until firm. Unmold on lettuce and garnish with mayonnaise. Serves six.

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MOLDED CHICKEN SALAD

2 cups cooked chopped chicken, 1 tbsp. gelatin, 4 tbsp. cold water, 1 cup cooked dressing, $\frac{1}{2}$ cup chopped celery, 1 chopped pimento, $\frac{1}{4}$ cup shredded almonds.

Soften the gelatin in the cold water, then dissolve over hot water. Add the other ingredients, with a little more dressing if needed. Set in a heart mold, and turn out on lettuce, garnish with ripe tomatoes or small molds of tomato jelly, or cranberry jelly.

POINSETTIA SALAD

Small firm ripe tomatoes, hard cooked egg yolks, lettuce, salad dressing.

Peel the tomatoes, and with a sharp knife, cut incisions, and spread apart in sections, to represent the petals of a flower. Put on a nest of crisp lettuce leaves, put a spoonful of yellow salad dressing in the centre and sprinkle with the crumbled or chopped egg yolk.

FROZEN FRUIT SALAD

1 pkg. cream cheese, $\frac{1}{2}$ cup cooked salad dressing, 1 cup shredded pineapple, 1 cup whipped cream, $\frac{1}{2}$ cup maraschino cherries, $\frac{1}{2}$ green pepper, 1 cup pecan nuts.

Mash cream cheese and blend with salad dressing, add pineapple, cherries (cut), chopped green peppers and nuts. Fold in whipping cream and turn into tray of chilling units, when frozen serve on crisp lettuce leaves. Do not freeze longer than 2 hours.

STUFFED TOMATO SALAD

8 tomatoes medium size, 2 cups peas, 3 tbsp. onion grated, $\frac{3}{4}$ cup celery, diced, 6 stuffed olives, mayonnaise.

Chill all vegetables. Peel tomatoes and cut to within inch of bottom in 8 sections. Arrange each tomato on salad plate with lettuce and fill with other ingredients. Serves 8. Top with mayonnaise.

SPANISH SALAD

Chop 1 pound cooked shrimps and combine with 1 cup cold cooked rice, 1 can (small) pimentos, drained and shredded, 2 boned anchovies, finely chopped, 4 tsp. French dressing. Mix the salad well. Arrange it on a flat platter. Surround with black olives and little bundles of cold cooked asparagus crossed by narrow ribbons of pimento.

STRAWBERRY SALAD

Have ready 1 pint fine ripe strawberries and lightly mix with 1 cup diced celery, $\frac{1}{2}$ cup well seasoned French dressing. Let stand a half hour. Drain and arrange on crisp heart lettuce leaves. Garnish with whipped cream or whipped cream salad dressing. **Margaret East.**

FRUIT SALAD SUPREME

1 envelope Knox Sparkling Gelatine, $\frac{1}{2}$ cup cold water, $\frac{1}{3}$ cup sugar, $\frac{1}{2}$ cup hot water, $\frac{1}{2}$ tsp. salt, $\frac{1}{4}$ cup lemon juice or mild vinegar, $1\frac{1}{2}$ cups fresh or canned fruit cut in small pieces.

Pour cold water in bowl and sprinkle gelatine on top of water. Add sugar, salt and hot water and stir until dissolved. Add lemon juice or vinegar and mix thoroughly. When jelly begins to congeal, add the fruit. Turn into mold that has been rinsed in cold water and chill. Serve on crisp lettuce and mayonnaise or cooked salad dressing.

CHRISTMAS CANDLE SALAD

1 banana per person, 1 slice of pineapple, 1 section of Brazil nut.

Place the slice of pineapple on salad plate. Cut off ends of banana so that the straight center section is approximately 4 inches. Place this section upright in the ring of the pineapple. Cut a section of Brazil nut lengthwise and stick into top of banana for the wick of candle. Garnish with crisp endive or lettuce. When ready to serve, light Brazil nut.

STUFFED PRUNE SALAD

Beat cream cheese until smooth with a little mayonnaise. Add freshly grated cocoanut as desired. Use as filling for large prunes. Place three or four stuffed prunes on crisp lettuce and serve with mayonnaise.

CRANBERRY SALAD

1 envelope gelatine, $1\frac{1}{4}$ cups cold water, 1 cup sugar, 2 cups cranberries, $\frac{1}{2}$ cup celery chopped, $\frac{1}{2}$ cup nuts chopped, $\frac{1}{2}$ tsp. salt.

Cook cranberries in 1 cup water 20 minutes. Stir in sugar and cook 5 minutes longer. Pour $\frac{1}{4}$ cup cold water in bowl and sprinkle gelatine on top of water. Add to hot cranberries and stir until gelatine is dissolved. Strain, cool, when thickening, add celery, nuts and salt. Turn into molds. Chill until firm. Garnish with nut meats.

FILLED BANANA SALAD

Use one banana for each serving. Put through food chopper $\frac{1}{2}$ cup figs, about 10 dates and $\frac{1}{2}$ cup nuts. Then moisten with sufficient lemon juice to make into paste.

Split bananas and fill with some of the paste. Press halves together and roll in mayonnaise dressing and then in crushed walnuts.

Serve on lettuce leaves with thin slices of bread and butter. **Effie Campbell.**

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VEGETABLE SALAD

French dressing, 1 cup chopped celery, 1 cup cooked peas, 1 cup cooked carrots, 1 tsp. minced chives or a little scraped onion, 1 cup canned asparagus tips.

Slice the carrots into thin circles. Mix with the other vegetables. Moisten to taste with French dressing. Turn into salad bowl which has been lined with lettuce leaves, sprinkle salad with minced chives. If chives are not available, add a little scraped onion or onion juice to the French dressing.

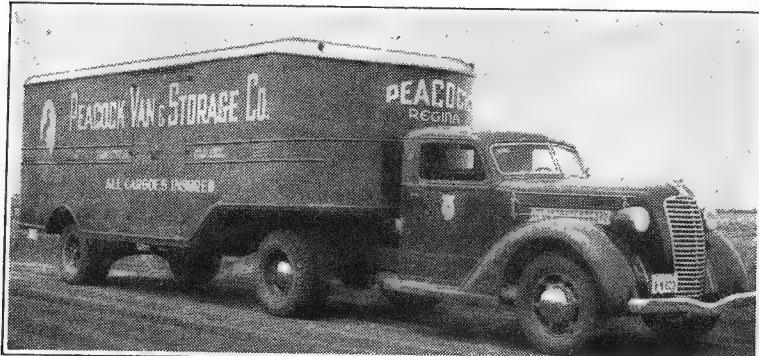
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JELLIED BEET AND CELERY SALAD

2 cooked beets, medium size, $\frac{1}{2}$ cup celery, 1 pkg. lemon flavoured gelatin, 1 cup beet liquor, 3 tbsp. vinegar, $\frac{3}{4}$ cup cold water, $\frac{1}{2}$ tsp. salt, 1 tbsp. onion, grated.

Dissolve gelatin in warm or boiling liquor in which beets were cooked. Add vinegar, cold water and salt, chill. When slightly thickened, fold in vegetables and grated onion. Turn into individual moulds. Chill until firm. Serve with boiled salad dressing. This makes 6 portions.

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SANDWICHES

ASSORTED SANDWICHES (Arranged attractively on a plate.)

CUCUMBER

Pare a large green cucumber which has been thoroughly chilled. Slice thin and sprinkle with salt. With a biscuit or cookie cutter cut thin slices of bread into rounds the size of the slices of cucumber. Spread lightly with soft butter. Place a slice of cucumber between the slices. A leaf of watercress may also be added. Keep moist until time to serve.

TUNA

Drain the oil from a can of white tuna fish. Mash to fine paste with cream and lemon juice. Cut thin rounds or squares of whole-wheat bread and butter lightly. Spread with a thin layer of the tuna paste. Cut thin rings of green pepper and press a ring on each sandwich. Place a slice of stuffed olive or a tiny mound of pearl onions in the center and serve without the upper slice of bread.

CHERRY CHEESE

Mash 1 package of cream cheese to a paste with 1 tbsp. of cream and 1 tbsp. of finely chopped maraschino cherries. Spread thin on small rounds of white bread. Cut the top round smaller than the bottom and cut out the center of the top with a doughnut cutter so that the attractive color of the filling may show.

CHEESE AND OLIVE

Cream the cheese with a small quantity of butter. Spread over surface sides of rectangular slices of bread $\frac{1}{4}$ -inch thick. Place sliced stuffed olives down centre. Garnish sides of bread with finely chopped parsley.

TOMATO

Cut bread in rounds $\frac{1}{4}$ -inch thick. Cream butter and add mayonnaise to taste. Spread the surface and sides of bread with this mixture. Place slice of tomato on each. Garnish with green pepper and sliced olive.

SANDWICH FILLING

1 tbsp. butter, 1 tbsp. flour, $\frac{1}{2}$ cup sweet or sour cream, 3 tbsp. vinegar,
Cooking time: Ten minutes or less.

One-fourth lb. American cheese, grated, 4 pimientos, minced, 2 hard cooked eggs, grated, 1 tsp. sugar, 1 tsp. salt, 1-16 tsp. pepper. Yield: One and one-half cups (about).

HAM AND PARSLEY

Cut bread into fancy shapes $\frac{1}{4}$ -inch thick. Spread with butter. Decorate with finely sliced cooked ham and chopped parsley.

TOASTED HAM AND CHEESE SANDWICH

Spread rounds of bread with devilled ham. Have ready smaller rounds of bread and place one of the smaller ones on each of the large rounds. Spread the smaller ones with grated or sliced American cheese. Toast under a low broiler flame until cheese is melted. Garnish with small pickles. Serve immediately.

PICNIC SANDWICHES

Pass 1 cup seedless or seeded raisins through food chopper. Cream 1 cup peanut butter with 2 tbsp. cream. Add the chopped raisins and blend well. Spread between thin slices of graham bread. Cut into desired shapes.

DENVER SANDWICHES

Spread white and graham bread slices with creamed butter. Have ready thinly sliced cold boiled tongue and gruyere cheese. Put a slice of tongue on white bread, cover with graham bread, then a slice of cheese and repeat. Wrap in cheesecloth, put under a weight and chill several hours. Cut in thin slices crosswise. Arrange on platter and garnish with crisp parsley.

SAVORY SHRIMP SANDWICHES

Press $\frac{1}{2}$ cup cooked chicken livers, $\frac{1}{2}$ cup cooked shrimps, $\frac{1}{2}$ Bermuda onion and $\frac{1}{2}$ sweet red pepper (omit seeds and core) through food chopper. Season to taste with salt and pepper and moisten with mayonnaise. Spread between thin slices of buttered white or graham bread. Cut in any desired shapes.

GINGERBREAD CHEESE SANDWICH

Cream $\frac{1}{2}$ cup sugar with 4 tbsp. butter. Add 1 beaten egg. Then add $\frac{1}{2}$ cup sour milk and $\frac{1}{2}$ cup molasses alternately with $1\frac{1}{4}$ cups flour sifted with 1 tsp. ginger, 1 tsp. cinnamon, $\frac{1}{4}$ tsp. allspice, $\frac{1}{2}$ tsp. cloves, $\frac{1}{2}$ tsp. nutmeg, 1 tsp. soda, $1\frac{1}{2}$ tsp. baking powder and $\frac{1}{4}$ tsp. salt. Pour into a greased and floured shallow pan and bake about 40 minutes in a moderately hot oven, or at about 375 degrees. When cool, trim the edges of the gingerbread, split into two layers and put together with cream cheese beaten until smooth with a little cream.

SHRIMP RAREBIT SANDWICHES

Heat 1 cup shrimps and 1 tbsp. minced onion in 2 tbsp. butter. Add 1 minced green pepper and 1 finely chopped pimiento. Cover a slice of hot toast with the shrimp mixture and pour over it a little cheese cream sauce. Serve immediately.

CHIVES SANDWICHES

Wash and cream $\frac{1}{2}$ cup butter. Add 3 tbsp. finely chopped chives. Spread between thin slices of graham bread. Cut in any desired shapes.

SARDINE SANDWICHES

Wash and cream $\frac{1}{2}$ cup butter. Add 6 pounded sardines, 1 tsp. lemon juice and a little pepper. Spread between thin slices of graham or white bread.

CLUB SANDWICHES

Have ready as many slices of hot toast as you will need. On one slice place a crisp lettuce leaf, sprinkle with 1 tsp. salad dressing, add 2 or 3 slices of cold roast or boiled chicken, cover with a small lettuce leaf and a little dressing, and then add 2 or 3 slices of broiled bacon and sliced ripe tomato and cover with a little crisp lettuce and dressing. Cover with a second slice of toast. Cut diagonally across the sandwich and serve immediately.

SUPPER DISH

Wash vegetable marrow. Cut in halves. Remove seeds and stringy portions.

In a frying pan melt 2 tbsp. butter in which fry 1 chopped onion until slightly brown. Add 2 cups stale bread crumbs, salt, pepper, poultry dressing if desired and 2 cups or more of left over chopped meat. Fill one half marrow.

Fill the other half with chopped potatoes and carrots and peas already cooked.

Tie in a cloth. Cook in a covered baking dish in a moderate oven about an hour. **Mrs. S. B. East.**

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Sweet, rather than sour milk is used for the rennet type cheese which keeps longer than the old fashioned acid kind. The acidity increases gradually, but it can develop considerably and still be edible and nutritious. A high quality cottage cheese has a clean, mildly acid flavor, a smooth uniform texture, and a tender curd. If the cheese is tasteless, or over acid, bitter, or has a hard or tough whey, it is either old or has been badly made.

But since it is such a valuable source of calcium, which it is said, our diet so sadly lacks, it would be well to inject a little of it into our daily menu. As the flavor is rather mild, it does need a bit of judicious seasoning. Onion juice peps it considerably. And horseradish, chopped olives or parsley, celery or cucumbers, pimientos, green peppers will do a lot for it.

If you are fond of cheese pie, here is a fine recipe: Press through a fine sieve a half pound of cottage cheese. Mix thoroughly two cups of fine rolled toasted bread crumbs, two tablespoons sugar, and a half quarter tsp. of salt. Reserve some of the mixture for the top, and pat down the rest in a smooth layer over the bottom and sides of a deep pie plate. Beat well the yolks of two eggs, add a half cup of sugar, a half-teaspoon salt, the sieved cheese, $1\frac{1}{2}$ tbsp. flour, and a half cup thick cream, beating them until smooth. Then add the beaten egg whites and $\frac{1}{2}$ tsp. of vanilla, and pour into the pan lined with the bread crumb mixture. Sprinkle the remainder of the mixture over the top and bake in a moderate oven, 325 degrees F. for about 45 minutes or until set.

Really, the possibilities of serving cottage cheese are limitless. It combines well with meats, fruits and vegetables, and simpler ways of presenting it appetizingly are using it as a filling for peppers, celery, prunes, peaches or pears. It is delicious molded into tiny balls and served with pineapple salad.

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JAMS & JELLIES

TUTTI-FRUTTI MARMALADE

6 peaches, cut up; 6 pears, cut up; 12 blue plums, cut up; 3 oranges, peeled, $\frac{1}{2}$ lb. blanched almonds, 4 cups white sugar.

Boil fruit and sugar, add almonds just before taking from fire.

STRAWBERRY JAM

To every pound of fruit allow $\frac{3}{4}$ pound of sugar.

Put fruit in preserving pan, cover each layer thickly with sugar. Bring slowly to boiling point, boil gently until jam sets when tested on cold plate. Keep fruit as whole as possible. Pour into jar, seal and keep in cool dry place.

PLUM CONSERVE

7 lbs. plums (8 lbs. with pits); 7 lbs. sugar, white, (14 cups); 1 orange, 1 lb. seedless raisins, ($\frac{1}{2}$ lb. sufficient), 1 lb. walnuts, ($\frac{1}{2}$ lb. sufficient.)

Boil first four items until fairly thick, add walnuts and cook for further five minutes.

APRICOT AND PINEAPPLE MARMALADE

5 lb. basket apricots, 1 tin crushed pineapple.

Pit apricots and put through meat grinder. Add pineapple. Measure cup of pulp to one of sugar and boil from half to three quarters of an hour.

GRAPE JAM

Separate pulp from skins. Put pulp on to boil with just enough water to keep from burning. Rub through sieve. Then combine pulp and skins with an equal amount of sugar. Boil slowly for one hour. Seal.

GRAPE JELLY

To every cup of grape juice put 1 cup of sugar, then boil until it drops in a thickened drop from spoon. Heat sugar slightly before putting in juice. Pour in containers and when cool and firm seal with paraffin wax.

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PEACH CONSERVE

24 peaches; 6 oranges, 12 cups sugar, 1 cup walnuts.

Put oranges through chopper, rind included, and boil with four cups sugar for ten minutes. Have peaches skinned and chopped and pour into boiling mixture with balance of sugar. Boil until fairly thick, add nuts last.

CRABAPPLE JELLY

Cut crabapples in small pieces (do not peel or core.) Cover with water and cook until soft. Put in cheesecloth bag and drain over night. Measure liquid and use same amount of sugar. Boil slowly until it thickens when placed on saucer to cool. Use yellow crabapples.

ORANGE CONSERVE

1 basket apricots or peaches, 2 cans pineapple, 6 oranges, cup for cup of sugar. Cook slowly until thick and seal in glass jars.

GRAPE CONSERVE

2 qts. grape juice, 2 lbs. granulated sugar, 2 lbs. seeded raisins, 1 lb. English walnut meats.

BLACK Currant JAM

Measure currants, take an equal amount of water and twice the measure of sugar. Put half the water on currants and cook 10 minutes. Put other half of water on sugar and make a syrup, boiling about 10 minutes. Then put syrup on currants and boil another 10 minutes.

FRUIT RELISH

20 ripe tomatoes, 5 cups white sugar, 1 qt. white vinegar, 6 large onions, 2 red peppers, 8 pears, 8 peaches, 2 tbsp. salt, 2 tbsp. whole spice (put in cheese cloth bag).

Chop in small pieces, mix all together. Boil 2 hours and stir frequently. Makes about 5 quarts.

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PICKLES & RELISHES

SURPRISE RELISH

12 green tomatoes, 1½ large onions, 4 red peppers, 1 can pimientos, 2½ cups brown sugar, 1 tsp. curry powder, 2 tsp. mustard seed, 2 tsp. celery seed, 1 dsp. salt. Enough vinegar to just about cover mixture. Boil until tender then put in sealers.

CUCUMBER AND ONION PICKLE

6 large onions, 12 cucumbers, 3 pts. vinegar, 2 tbsp. mustard, 1 oz. celery seed, 1 tsp. black pepper, 2 tbsp. turmeric, 4 cups granulated sugar, 1 large cup flour.

Slice onions and cucumbers as for table use. Cover with salt and let stand over night. Drain. Mix dry ingredients with a little vinegar. Simmer for about 3 minutes. Stir well. Bottle while hot.

RHUBARB RELISH

1 qt. onions, cut fine; 3 qts. rhubarb, cut fine; 3 cups brown sugar, 1 pt. vinegar, 1 tsp. each cloves, cinnamon, allspice, salt, dash of cayenne. Boil until thick as desired.

PICKLES

1 qt. onions, 1 qt. green tomatoes, 1 qt. cucumbers, 1 qt. cauliflower. Put onions through mincer.

Dressing: 1 qt. vinegar, 2 lbs. brown sugar, ¾ cup Robin Hood Flour, 3 tsp. mustard, 1 tbsp. celery seed, 1 tbsp. turmeric, 1½ tsp. salt. Boil 40 minutes.

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PICKLED PEARS

$\frac{1}{2}$ peck hard green pears, $1\frac{1}{2}$ cups water, $1\frac{1}{2}$ cups vinegar, 2 lbs. brown sugar, 2 ozs. whole cloves, 1 oz. stick cinnamon, a little dried candied ginger.

Peel the pears and if they are large, cut them in halves. Stick two or three cloves in each piece. Cook together in the water, vinegar, brown sugar and the remaining cloves and cinnamon tied in a cheesecloth bag, for ten minutes. Add the pears and cook for about twenty minutes, or until tender, not soft.

MUSTARD CUCUMBER PICKLE

6 large onions, 12 large cucumbers.

Peel and slice cucumbers and onions and sprinkle with salt. Let stand over night. In morning make a sauce of:

3 pts. vinegar, 1 oz. celery seed, 2 tbsp. turmeric, 1 cup Robin Hood Flour, 2 tbsp. mustard, 1 tsp. black pepper, 4 cups granulated sugar.

Boil vinegar and spices, then drop cucumbers and onions in dressing and simmer 5 minutes. (Drain cucumbers and onions real dry before putting into dressing.)

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SWEET PICKLED PEACHES

7 lbs. stoned peaches, 3½ lbs. sugar, 2 oz. cinnamon (stick), 1 qt. vinegar, 2 oz. cloves.

Make syrup and add halved peaches and cook until tender, remove each piece with a spoon and jar. Boil syrup and pour over fruit.

CHERRY OLIVES

Fill a quart jar with fresh Bing Cherries without removing the stems or pits.

Cover each quart of cherries with malt vinegar (cold), 1 tsp. salt, 1 tbsp. of granulated sugar, then seal and put away in a cool dark place. Note that nothing is cooked.



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CHILI SAUCE

4 qts. ripe tomatoes peeled, 1 pt. onions, 2 cups brown sugar, $\frac{1}{2}$ cup salt, $\frac{1}{2}$ oz. cloves, $\frac{1}{2}$ oz. cinnamon, 1 tsp. mustard, $\frac{1}{2}$ oz. allspice, $\frac{1}{2}$ oz. celery salt, $\frac{1}{2}$ tsp. black and red pepper, $1\frac{1}{2}$ pts. vinegar.

Put tomatoes and onions through chopper. Place ingredients in a cooking utensil and let simmer 4 hours. This will make $4\frac{1}{2}$ quarts of sauce.

CUCUMBER AND CABBAGE RELISH

24 large cucumbers, 2 qts. onions, 2 heads cabbage, 2 bunches celery. Cut fine. Add $\frac{1}{2}$ cup of salt, let stand over night, drain well. $1\frac{1}{2}$ qts. vinegar, 8 cups sugar—heat, then mix; 2 cups Robin Hood Flour, 1 tsp. red pepper, 1 tsp. turmeric, 2 tbsp. mustard. Dampen with cold vinegar. Pour into hot vinegar. Stir till boils. Add vegetable and boil 30 minutes.

PICKLED BEANS

1 peck beans, prepared as for table, with more salt added. Drain well and cool. Pour following dressing on beans when hot and bottle when cold: 2 $\frac{3}{4}$ lbs. brown sugar, 1 cup Robin Hood Flour, 2 oz. celery seed, $\frac{1}{2}$ cup mustard, 1 oz. turmeric, $2\frac{1}{2}$ pts. cider vinegar. Mix dry ingredients together, add vinegar, boil for 10 minutes.

CHUTNEY SAUCE

12 pounds ripe tomatoes, 3 pounds onions, $\frac{1}{4}$ pound salt, red pepper to taste, 3 pounds apples, $2\frac{1}{2}$ pounds sugar, 1 pt. vinegar.

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CHINESE RELISH

1 large head cabbage, 1 qt. onions, 3 red peppers, $\frac{1}{4}$ cup mustard seed, 1 lb. brown sugar, $\frac{1}{2}$ cup salt, 2 tbsp. celery seed.

Put through grinder, mix mustard seed, sugar, salt, celery seed, enough vinegar to cover.

GREEN TOMATO CHUTNEY

4 $\frac{1}{2}$ lbs. green tomato, 4 $\frac{1}{2}$ lbs. apples, cut in pieces; $\frac{1}{2}$ cup salt, 3 $\frac{1}{2}$ lbs. sugar, 2 tbsp. cinnamon, 2 tbsp. cloves, 1 dsp. turmeric, $\frac{1}{2}$ tbsp. pepper, 1 qt. white wine vinegar.

Boil all ingredients together until thick, then bottle.

BORDEAUX SAUCE

4 qts. chopped cabbage, 2 qts. green tomatoes, 6 large onions, 4 green or 3 red pappers, 1 qt. of vinegar, 3 lbs. sugar, $\frac{1}{2}$ oz. mustard seed, $\frac{1}{2}$ oz. turmeric, $\frac{1}{2}$ cup salt.

Mix all ingredients together and boil one hour.

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